





1000

...the ... of ...

...the ...

100

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and a training group. The control group consisted of 10 men who did not exercise regularly, and the training group consisted of 10 men who participated in a 12-week training program. The HR and HRR were measured at rest and during maximal exercise before and after the training program. The results showed that the training program significantly increased the HR and HRR of the training group compared to the control group. The HR increased from 72 to 82 beats per minute, and the HRR increased from 28 to 38 beats per minute. The control group showed no significant change in HR and HRR. The results suggest that a 12-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

100

100

100



